

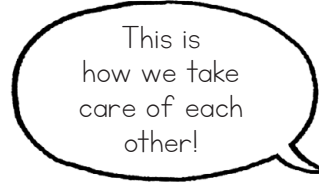


HOW TO MASK LIKE A PRO!



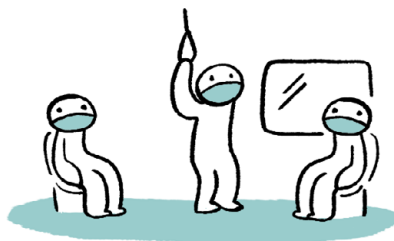
WHY EVEN BOTHER WITH MASKS?

Coronaviruses primarily spread via droplets. This includes sneezing and coughing. Covering your nose and mouth can help lower the risk of spreading the virus. Excellent!



WHERE DO I WEAR THE MASK?

Wherever you are likely to run into other folks e.g.



public transport



malls & shops



at the doctor's

DOES MY MASK NEED SPECIAL FEATURES?

Yes. Watch out for these:

well fitted

Not too loose.

Not too tight.

breathable

Drawing breath should still be easy and comfortable.

2-3 layers of tightly woven cotton

Here's a challenge: Are you able to blow out a candle with your mask on?



This should be a lot tougher to accomplish now.

washable

heat & soap stop the virus from spreading

minimum

60°C



By the way: Please leave N95- and surgical masks to medical professionals and wear reusable cloth masks instead.



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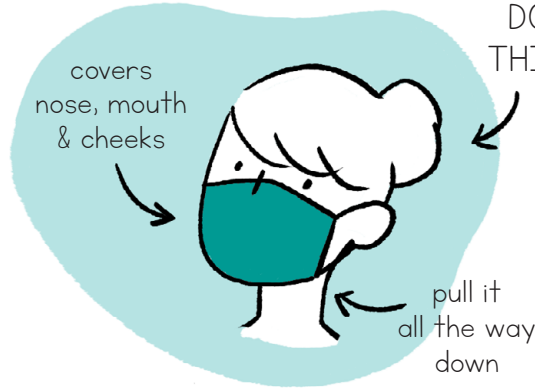


HOW DO I HANDLE & WEAR THE MASK?

1. Wash hands with soap.



2. Does your mask fit?



3. CAN'T TOUCH THIS!



4. Change when damp.



5. Wash hands before you take it off.



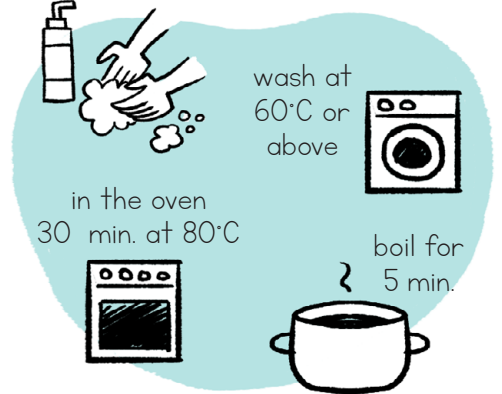
6. Use the straps, don't touch the front.



7. On the go: store used masks in an air-tight bag/container.



8. At home: wash hands & clean masks.



Distancing - Hygiene - Covering
Take ALL MEASURES seriously.
It's the only way.

